



THERAPEUTIC SERVICES

ADAPTED SPORTS

Adapted Bowling

This bowling class is designed for individuals with disabilities ages 11 years and older. Sportsmanship, teamwork, and individual skills are taught for all levels of bowlers. Food may be provided at special events. Location: 300 San Jose – 5420 Thornwood Lane

Adapted Fitness

This program for persons with physical disabilities is designed to improve cardiovascular health and endurance, increase muscular strength and toning, and refine flexibility and range of motion. You will be guided through an individually tailored workout program specifically designed with your goals, abilities and priorities in mind. Location: Camden Community Center

Introduction to Fitness for persons with disabilities

Come check out the Camden Fitness Center and learn how to use the equipment to stay in shape! Staff will be there to assist you. There are treadmills, exercise bikes, weight machines, and much more! This class is especially designed for adults with cognitive disabilities. Location: Camden Community Center

The following classes are designed to serve people with disabilities. Please read the descriptions carefully to make sure the programs fit your needs.

Powersoccer

Join the “San Jose Steamrollers” in the electrifying and growing sport of powersoccer. Practices focus on basic skills, strategy, ball control, and teamwork. Opportunities to participate in tournaments are available. Open to persons using power wheelchairs. Food may be provided at special events. Location: Alviso Youth Center.

Wheelchair Basketball

The wheelchair basketball program is open to persons with physical disabilities who are experienced or are interested in learning this fast paced, aerobic and competitive sport. The “Pacific Spartans” team is designed for adults who use manual wheelchairs and wish to participate in

competitive play. Team membership is not mandatory for participation. Tournament opportunities are available. Location: Camden Community Center

Wheels on Fire

Wheels on Fire is a sports team designed for athletes of all ages with physical disabilities. A variety of sports are offered, including wheelchair basketball, rugby, soccer, and boccia. Emphasis is on basic sport skills, team cooperation, and rules of competitive play. Non-wheelchair users of all ages and levels are also welcome. Food may be provided at special events, which include derby car racing, bowling, movies, field trips and holiday parties. Location: Camden Community Center



ADAPTED SPORTS

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	LOC.	Per vists/Session
261.3.1100	Adapted Bowling	11+	Tu	1/6	3/10	3:30-5:00pm	Staff	300 SJ	\$7/\$52
261.3.1101	Adapted Fitness	18+	M/W/F	1/5	3/13	1:00-3:30pm	Staff	CM	\$3/\$63
263.3.1102	Intro. to Fitness with disabilities	18+	Tu/Th	1/13	3/5	3:00-4:30pm	Staff	CM	\$70
261.3.1103	Powersoccer	All	Sat	1/3	3/14	9:30am-1:00pm	Staff	AV	\$55
261.3.1104	Wheelchair Basketball	13+	M	1/5	3/30	6:30-8:30pm	Staff	CM	\$5/\$65
261.3.1105	Wheels on Fire	All	Sat	1/10	3/7	2:30-5:30pm	Staff	CM	\$63



THERAPEUTIC SERVICES

MENTAL HEALTH

Aerobics

The purpose of aerobics is to promote cardiovascular fitness, tone and strengthen muscles, and increase range of motion. The fabulous Richard Simmons, whose workout style suits all fitness levels, leads this group via video, with the support of GCC staff.

Amy's Awesome Shindig

Come to Amy's Awesome Shindig where fun, games, surprises, and friends await you. Enjoy a different theme each week and meet new friends. All are welcome.

Anger Management

Open group for people to come and process personal experiences with anger and receive support and coaching with how to express their anger in safe ways. Free/ *unless court ordered

Art Studio

Art Studio is designed for individuals with limited to extensive art experience. The fundamentals and techniques of art are taught to build expertise and confidence. Various media are utilized, including pastels, charcoals and watercolor. Field trips to local museums and art galleries are periodically scheduled.

Art Therapy

This specialized program uses art therapy techniques, to help individuals work through their issues and express themselves through creative projects. Qualified clinical professionals lead the groups, one hour a week.

Arts and Crafts

Individuals gain self-confidence and enjoyment through creating art projects they can take home, give as gifts, or display at the Center. A wide variety of fun and creative projects are offered in this class, including card making, collages, mosaics, doll making, and more.

Basic Computer Training

With the help of two very special community volunteers, GCC now has three computers available for those who have basic computer skills to use independently. A Volunteer Computer Trainer hosts a learning lab twice a week, for those needing one-on-one training and assistance navigating the computers.

Basketball

GCC's Basketball Program encourages healthy competition for the ambitious player, builds communication and teamwork skills, and promotes fitness and exercise.

Beading Class

In this class, individuals learn to make beautiful beaded jewelry and decorative pieces for the home. Jewelry making techniques are demonstrated and taught using special tools and materials. Unique designs are created using a variety of colored plastic, glass, crystal, wood, metal and bone beads. Individuals are encouraged to develop and create their own unique, eye-catching pieces.

Bingo

Come play a friendly game of Bingo. GCC's participant-facilitated program offers a great opportunity for socialization and group cooperation. Players are given two bingo cards and can win up to three bingo tickets a day, which are redeemable for prizes. Prizes are awarded twice a month to the winners.

Breathing and Meditation Workshop

This monthly workshop is led by a volunteer from the Art of Living Foundation and is supported by staff from Grace Community Center on the first Tuesday of each month. This monthly workshop is led by a volunteer from the Art of Living Foundation and is supported by staff from Grace Community Center on the first Tuesday of each month.

Clothes Closet

The Clothes Closet offers individuals a "thrift store" style shopping experience for free. The intent of the program is to encourage a clean, healthy appearance, which builds a confident self-image. All clothes and accessories are donated from individuals and agencies throughout the community.

Club Reminisce

This activity-based group is a time for adults 50+ to socialize, share memories, learn, receive and offer support, play games, and eat healthy snacks! Groups are offered in 10-week cycles. Call for dates and availability.

Community Meetings

This daily discussion group offers a place for individuals to discuss issues of daily living in our community, share questions or concerns, and learn about GCC programming. The group offers a supportive, interesting, educational environment,

and is designed to increase individuals' awareness and participation in their community center.

Dance Party/Art Witness

An open and welcoming group focusing on connecting with others through art, music, and movement. No previous art or dance experience necessary. This group focuses on trying new movement and art making techniques in a non-judgmental, creative, and inspirational atmosphere.

Dances

The GCC hosts festive dances featuring talented DJs and live bands who perform for the crowd's dancing and listening enjoyment. The dances are held on the second Friday of each month in the gym.

Day Rehabilitation

This specialized program is designed to provide mental health consumers with a more committed, structured, and goal-oriented level of participation at GCC. Clinical staff provide support and guidance to help individuals achieve goals that support a healthy lifestyle and independent living.

Day Socialization

Specialized program designed to promote the support and growth of women in the community. This program is for those women that are interested in coming to Grace for any of our social, art, wellness or skills groups. Benefits of this program also include free lunches, discounted bus passes, and 1:1 contact with therapeutic staff.

Flying Friends

Pre-registration is required to participate in this outing. This enchanting all-day outing offers women the opportunity to explore their world with friends. The women collaborate to prepare a nutritional lunch and engage in positive social interaction during excursions to hot spots around the Bay Area, including museums in San Francisco, the Monterey Bay Aquarium, beaches in Carmel, and countless thrift stores. Transportation is provided and individuals should meet at GCC one half hour before departure. Space is limited, so please arrive early.

Gardening

GCC's garden area provides a pleasant, peaceful environment within the busy downtown area, with a soothing fountain, shaded trees, and beautiful flowers. Individuals experience nature through the flora and fauna of the garden and learn how to prune, plant, fertilize, and care for plants.

**Hair Studio**

Book your free haircuts, styling and makeover appointment at the front desk, 2-3 weeks in advance.

Leisure Walking

This group travels to walking destinations throughout Santa Clara County, including malls, hiking trails, parks and downtown areas. Walking is healthy exercise and enjoyable. Join this group for some cardio exercise.

Life Skills

In this group members have the opportunity to receive support and feedback from peers and group facilitators regarding social skills, symptom management/coping skills, basic financial issues, self-esteem and more. Open discussion, art therapy, and other experiential methods are utilized and supplemented with outside referrals and community resources.

Little Victories

This Saturday group provides the opportunity to discuss personal goals, obtain strategies and suggestions on how to attain them, and to offer and receive support from others along the way.

Living with Grace

Living With Grace takes practice. This group helps individuals with mental illness and/or addiction issues to explore and learn strategies for living a healthy and balanced life. Developing healthier life-styles takes practice, patience, and a strong support system.

Member Volunteer Program

The volunteer program is designed to provide support for all facets of center operations, including program facilitation, facility maintenance, clerical, and fundraising. For more information contact the volunteer coordinator, Lisa Litwin, or visit our website at www.sanjoseca.gov/prns click on centers, then click on Grace.

Men's Group

This group offers men the opportunity to gather together and discuss "guy stuff". The group facilitators bring discussion topics and activities, and also welcome the concerns and contributions of the group.

Movie Night

Come see the latest DVD releases and popular classics shown on GCC's big screen TV. Snacks and refreshments are served.

Nature Outing

Pre-registration is required to participate in this outing. The goal of the outing is to enable individuals to access nature and to reduce stress through exercise. Each week hikers visit beautiful wooded areas, mountains, streams, and baylands throughout the Bay Area. The outing encourages an appreciation of natural environments. Transportation is provided and individuals should meet at GCC one half hour before departure. Space is limited, so arrive early.

News Grabbers & Health Watch

The goal of this discussion group is to raise the awareness of GCC members and inspire their participation in the local community. The group focuses on current local, State, National, and international affairs reported in the news. It is a time for individuals to gather and share their knowledge and experience, and to learn more about the world in which they live.

No Cigs Today

Have you ever thought about cutting down on the amount you smoke or even stopping smoking completely? This group offers non-judgmental support for anyone in the process of quitting smoking, even if it is something you are just contemplating. Get information, support, resources, and techniques to help you achieve your goal!

Open Art Studio

This open studio group is great for artists of all skill levels. This group offers various media including 3-D materials, oil and water-based paint, clay, and drawing materials. Artists work independently in the main studio or sculpture room and are supported by staff members.

Pool/Ping Pong Tournaments

Join the friendly competition every Saturday and win a free lunch at Grace. All skill levels are welcome, and space is limited, so arrive early to sign-up.

Resource Hour

An hour to help you find resources in the community or on the internet, about whatever information you may need.

Safe Circle

This is a 10-week activity-based group designed for women with mental disabilities who are survivors of abuse. Safe Circle's goal is to reduce re-victimization and increase personal safety by building safety skills and improving self-esteem, communication, and healthy daily habits. Snacks are provided. Pre-registration is required. Please call 408-293-0422 for more information.

Sewing

This class is geared toward all levels of sewing ability, from novice to experienced. Individuals are encouraged to use their creative skills and make a variety of projects; including pillows, cosmetic or tote bags, stuffed animals, aprons, clothing and holiday gifts, all on high quality, easy-to-use sewing machines. They can also mend, hem, and make minor repairs to clothing with the help of experienced class facilitators.

Stained Glass

All phases of the art of stained glass are taught in this class, including project design, glass cutting and shaping, lead soldering and glass cleaning. A variety of colored and textured glass is available. Space is limited.

The Entertainer

The Entertainer is a "talent show" that welcomes all talents. Individuals bring a song, story, poem, dance or joke to share with their peers. Using the GCC's jukebox, karaoke player and microphone, entertainers dazzle the audience with original works and popular music selections.

The New You Salon

The Salon offers hair washing, coloring, cutting, and styling. The Salon program provides a fun and casual atmosphere for socialization and education. Individuals learn the importance of personal hygiene and healthy grooming skills, and are provided an opportunity to maintain a clean and healthy appearance while building a confident self-image. By appointment only.

U-Grill It

The U-GRILL-IT class will focus on easy to prepare breakfast and lunch dishes. Each class will feature a single dish so the students do not get overwhelmed.



THERAPEUTIC SERVICES

Value Buying

This course will focus on teaching the student how to get the best value on the dollar spent. The student will learn how in some instances, the least expensive item is not necessarily the best value. They will see how “convenience” foods are very costly. The students will learn how research prior to making significant purchases will ensure they are receiving the best possible value. They

will also be encouraged to create a budget and use Quicken to manage it. If it can be arranged with nearby banks, the students will learn the benefits of periodic savings. Students will become aware of how and where they are spending their money. This awareness will allow them to make changes to these habits so they can reduce their expenses. 2nd, 3rd, 4th Monday of the month.

Yoga

Come explore your inner being through Yoga and meditation. Using Yoga, individuals learn to perform relaxing, gentle stretches and basic yoga techniques for general health and wellness. The techniques help individuals develop the ability to relax their mind and body, to feel more peaceful and improve concentration skills.

MENTAL HEALTH

Class No.	Class Title	Age	Day(s)	Start Date	End Date Time	Instructor	LOC.	Res/NonRes
264.3.1100	Aerobics	18+	Sa	ongoing	10:30-11:00am	Staff	GC	Free
264.3.1101	Amy's Awesome Shindig	18+	W	ongoing	11:00am-12:00pm	Chamberlain	GC	Free
264.3.1102	Anger Management	18+	M	ongoing	10:30am-12:00pm	Eclevia/Teerman	GC	Free/*
264.3.1103	Art Studio	18+	M	ongoing	1:00-3:00pm	Cashman	GC	Free
264.3.1104	Arts and Crafts	18+	Th	ongoing	10:30am-12:00pm	Andrews/Yamada	GC	Free
264.3.1105	Art Therapy	18+	Th	ongoing	2:00-3:30pm	Giovannetti/DeForrest	GC	Free
264.3.1106	Basketball	18+	M/W	ongoing	10:00am-12:00pm	Cashman	GC	Free
264.3.1107	Beading Class	18+	T	ongoing	10:30am-12:00pm	Reynolds/Litwin	GC	Free
264.3.1108	Bingo	18+	Sa	ongoing	12:45-1:45pm	Volunteers	GC	Free
264.3.1109	Breathing and Meditation Workshop	18+	2nd Tue	ongoing	10:00-11:00am	Teerman	GC	Free
264.3.1110	Clothes Closet	18+	F	ongoing	1:30-2:30pm	Staff	GC	Free
264.3.1111	Club Reminisce	18+	F	ongoing	10:15-11:45am	DeForrest/Giovannetti	GC	Free
264.3.1112	Community Meetings	18+	M-F	ongoing	9:30-10:00am	Staff	GC	Free
264.3.1113	Community Meetings	18+	Sa	ongoing	10:00-10:30am	Staff	GC	Free
264.3.1114	Basic Computer Training	18+	M/T	ongoing	9:15-10:15am	Vicari	GC	Free
264.3.1115	Dances	18+	1st Fri	ongoing	7:00-9:00pm	Teerman	GC	\$2 donation
264.3.1116	Dance Party/Art Witness	18+	W	ongoing	1:30-3:00pm	DeForrest/Giovannetti	GC	Free
264.3.1117	Day Rehabilitation	18+	M-F	ongoing	ongoing	Eclevia	GC	Free
264.3.1118	Day Socialization	18+	M-F	ongoing	ongoing	Eclevia/Teerman	GC	Free
264.3.1119	Flying Friends	18+	W	ongoing	10:00am-5:00pm	Andrews	GC	donation
264.3.1120	Gardening	18+	F	ongoing	10:30am-12:00pm	Ohlhaber	GC	Free
264.3.1121	Leisure Walking	18+	F	ongoing	1:30-4:00pm	Teerman	GC	Free
264.3.1122	Life Skills	18+	T	ongoing	10:30am-12:00pm	Cannon/DeForrest	GC	Free
264.3.1123	Little Victories	18+	Sa	ongoing	10:30am-12:00pm	Cannon	GC	Free
264.3.1124	Living with Grace	18+	F	ongoing	10:30am-12:00pm	Eclevia	GC	Free
264.3.1125	Member Volunteer Program	18+	T-F	ongoing	9:00am-4:00pm	Litwin	GC	Free
264.3.1126	Member Volunteer Program	18+	Sa	ongoing	10:00am-2:00pm	Litwin	GC	Free
264.3.1127	Men's Group	18+	F	ongoing	10:30am-12:00pm	Cashman/Cannon	GC	Free
264.3.1128	Movie Night	18+	F	ongoing	5:30-7:30pm	Teerman	GC	Free
264.3.1129	Nature Outing	18+	Th	ongoing	10:30am-4:00pm	Cashman	GC	donation
264.3.1130	News Grabbers & Health Watch	18+	M	ongoing	10:30am-12:00pm	Andrews	GC	Free
264.3.1131	No Cigs Today	18+	M/F	ongoing	11:00am-12:00pm	Vicari	GC	Free
264.3.1132	Open Art Studio	18+	F	ongoing	1:30-3:30pm	Staff	GC	Free
264.3.1133	Pool/Ping Pong Tournaments	18+	Sa	ongoing	11:00am-12:00pm	Staff	GC	Free
264.3.1134	Safe Circle	18+	M	ongoing	1:00-3:00pm	Teerman	GC	Free
264.3.1135	Sewing	18+	T	ongoing	1:30-3:30pm	Yamada/Ohlhaber	GC	Free
264.3.1136	Sewing	18+	Th	ongoing	1:00-3:00pm	Yamada/Ohlhaber	GC	Free
264.3.1137	Stained Glass	18+	T	ongoing	10:00am-12:00pm	Cashman	GC	Free
264.3.1138	Resource Hour	18+	W	ongoing	1:00-2:00pm	Teerman	GC	Free
264.3.1139	The Entertainer	18+	F	ongoing	10:30am-12:00pm	Volunteers	GC	Free
264.3.1140	The Entertainer	18+	T	ongoing	1:30-3:00pm	Volunteers	GC	Free
264.3.1141	The New You Salon	18+	F	ongoing	1:30-3:00pm	Chamberlain	GC	Free
264.3.1142	U-Grill It	18+	T	ongoing	10:30-11:30am	Vicari	GC	Free
264.3.1143	Value Buying	18+	M	ongoing	10:00-11:00am	Vicari	GC	Free
264.3.1144	Yoga	18+	T	ongoing	1:00-2:00pm	Teerman	GC	Free



SOCIAL RECREATION

Around the Town Club

Join us for a night on the town! This social club utilizes community trips as a means to improve socialization, leisure awareness and independent living skills. Members must be able to participate with minimal assistance. Snacks are provided. Past activities include movies, restaurants, Golfland, bowling, and musicals. The first night of the program will be held at Camden Community Center (CM). Location varies thereafter. An event calendar will be passed out the second week of program.

Kinderfun

A play program for children with developmental disabilities. Your children will have fun while they are learning new things and making new friends! Friends and food...a great combo! The class includes music, games, arts and crafts, movement activities and field trips. Food will be provided for all cooking projects. Bring a sack lunch to each class. Field Trips will be announced in class. Location: Almaden Community Center.

Leisure Club East

This club is a leisure education program designed to develop leisure awareness interests and social skills for individuals with developmental disabilities. Individuals must be able to understand simple directions and require minimal supervision. Snacks will be provided. Location: Alum Rock Youth Center.

Leisure Club West

Come out and meet new friends! This club is a leisure education program designed to develop leisure awareness interests and social skills for individuals with developmental disabilities. Activities include arts, crafts, games, music and special events, including movie nights, parties, and ice cream socials. Individuals must be able to



understand simple directions and require minimal supervision. Snacks provided. Location: Camden Community Center.

Simply Cooking

This introductory course for adults with developmental disabilities covers basic kitchen safety, basic menu planning, shopping and preparing simple dishes. Menus will include breakfast foods, lunch, simple dinners, and desserts. Class includes lecture, observation of multi-dish meal preparation, followed by students' hands on preparation and service of one dish. Students will receive instructional materials to take home each week. Class is conducted in a teaching kitchen, which utilizes gas burners. Staffing ratio is 4:1. Location: Almaden Community Center.

Teen Hip Hop Dance

Come learn some hip hop dance moves! This class will have great music, a great instructor, and great friends! Staff will be on hand to assist individuals who need it. Please wear comfortable clothes and bring a water bottle to class. Location: Camden Community Center.

Teen Movie Night

Come join us for a Movie! We will be showing some great G and PG rated movies this Fall. Come meet other teens and enjoy the evening! Siblings are welcome as long as they are within the age range. Priority will be given to children with disabilities. Snacks will be available to purchase. Please let staff know of any allergies upon registering. Location: Camden Community Center.

SOCIAL RECREATION

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	LOC.	Res/NonRes
263.3.1100	Around the Town Club	18+	Th	1/22	3/12	7:00-9:00pm	Staff	CM	\$30
263.3.1101	Kinderfun	5-10	Sa	1/24	3/21	9:30am-12:30pm	Staff	AD	\$90
263.3.1102	Leisure Club East	18+	T	1/20	3/10	7:00-8:30pm	Staff	ARYC	\$50
261.3.1103	Leisure Club West	18+	W	1/21	3/11	7:00-8:30pm	Staff	CM	\$50
261.3.1104	Simply Cooking	18+	M	2/2	3/16	6:30-8:00pm	Vicari	AD	\$50
263.3.1105	Teen Hip Hop Dance	12-17	T	1/27	3/3	6:00-6:45pm	Staff	CM	\$50
263.3.1106	Teen Movie Night	12-17	F	2/6	2/6	6:00-9:00pm	Staff	CM	Free
263.3.1107	Teen Movie Night	12-17	F	3/6	3/6	6:00-9:00pm	Staff	CM	Free

**MONTHLY SPECIAL EVENTS****DECEMBER****Co-op Dance**

Friday, December 12, 7:00-9:30pm – Santa Clara – \$5

These dances for individuals with disabilities ages 13 and up are sponsored and hosted by the Therapeutic Recreation programs of the Cities of San José, Santa Clara, Sunnyvale and Cupertino. Registration is at the door only. Please call 408-369-6446 for more details.

FEBUARY**Co-op Dance**

Friday, February 13, 7:00-9:30pm – Camden Community Center – \$5

These dances for individuals with disabilities ages 13 and up are sponsored and hosted by the Therapeutic Recreation programs of the Cities of San José, Santa Clara, Sunnyvale and Cupertino. Registration is at the door only. Please call 408-369-6446 for more details.

ON-GOING EVENTS AND PROGRAMS**Autism/PDD and related disorders Educational Support Group**

Third Thursday of each month – FREE

A support group for parents, professionals and caregivers of individuals with Autism Spectrum Disorders. Please contact Parents Helping Parents for more details. 408-727-5775 or www.php.com

Head Injury Recreation and Leisure Network

Monthly (Dates and locations vary) · Ages 16 and up welcome. Call 408-369-6449 for more details.

Friday Night Dances

Second Friday of each month from 7:00-9:00pm – Grace Community Center Grace Community Center · \$2 suggested donation Grace Community Center hosts festive dances featuring talented DJs and live bands who perform for the crowd's dancing and listening enjoyment. Dances are held in the gym.

Mild Brain Injury Support Group

2nd & 4th Tuesday of each month from 6:30-8:30pm – Camden Community Center – FREE

Ages 16 and up welcome.

RECing Crew

Monthly (Dates vary) This monthly special event program designed for adults with various disabilities provides community based outings and bi-annual travel excursions. Please contact Silicon Valley Independent Living Center for more details at 408-894-9041. A yearly calendar is available upon request.

Spinal Cord Injury Support Group

Third Thursday of each month from 6:30-8:30pm – Camden Community Center – FREE Contact the TBI and SCI Project at Santa Clara Valley Medical Center at 408-793-6428 for more details.